

					County	Region
EVENT 1 3km Freestyle						
MENS 13/14 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time		
1.	George WHITEMAN	14	Co Peterboro	0:41:25.2	Cambridgeshire	East
2.	Matthew VAUGHAN	14	Beccles Town	0:43:36.5	Suffolk	East
3.	Tyler WATSON	14	Flitwick	0:44:21.1	Bedfordshire	East
4.	Keelan GOSNEY	14	Bo Southend	0:45:34.9	Essex	East
5.	Mark MILBURN	13	Colchester	0:47:34.5	Essex	East
6.	Adam HOLMES	14	Flitwick	0:48:42.0	Bedfordshire	East
7.	Callum BLAIR	13	Diss Otters	0:57:41.5	Norfolk	East
MENS 15/16 Yrs Age Group - Full Results						
Place	Name	AaD	Club	Time		
1.	Samuel ROSE	15	West Norfolk	0:41:14.0	Norfolk	East
2.	Joshua THURSTON-WOOLNO	15	Beccles Town	0:41:15.3	Suffolk	East
3.	Matthew NEWSON	15	Co Peterboro	0:41:16.7	Cambridgeshire	East
4.	Callum STEDMAN	15	Dereham	0:41:32.7	Norfolk	East
5.	Edward MCFARLAND	15	C Beds SS	0:41:47.2	Bedfordshire	East
6.	Saric LEWINGTON	15	Hatfield	0:42:00.7	Hertfordshire	East
7.	Teal'K SMITH	15	Beccles Town	0:42:13.0	Suffolk	East
8.	Harry SAUNDERS	16	Newmarket	0:42:15.0	Suffolk	East
9.	Samuel MILLER	15	Bo Southend	0:42:30.4	Essex	East
10.	Zane BATT	15	Bor of Brox	0:42:44.6	Hertfordshire	East
11.	Isaac BOYCE	15	Norwich Swan	0:42:45.6	Norfolk	East
12.	Jeremy AITKEN	15	Beccles Town	0:42:52.3	Suffolk	East
13.	James POPE	15	Watford SC	0:43:21.9	Hertfordshire	East
14.	Alfie WILLIAMS	15	Canvey Isl	0:43:27.2	Essex	East
15.	Ben WOODHOUSE	15	Norwich Swan	0:43:27.6	Norfolk	East
16.	Jonathan FARROW	16	Hemel Hemp	0:46:31.7	Hertfordshire	East
17.	Alex GOULDING	15	Watford SC	0:46:33.4	Hertfordshire	East
18.	Lewis CLARK	15	Hemel Hemp	0:47:21.3	Hertfordshire	East
19.	Pedro IRVINE	16	Watford SC	0:47:38.7	Hertfordshire	East
20.	Isaac MOON	15	Flitwick	0:48:10.1	Bedfordshire	East
21.	Rhys DOLAN	16	Bor of Brox	0:50:58.4	Hertfordshire	East
22.	Connor WILKEN	16	Colchester	0:53:55.5	Essex	East
23.	Aaron PARKER	16	Rochford	0:54:43.6	Essex	East

MENS 17/19 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Myles TURNER	18	West Suffolk	0:38:18.6	Suffolk	East
2.	Matthew TATUM	17	Diss Otters	0:48:34.8	Norfolk	East
3.	Cameron CLARK	17	Hemel Hemp	0:50:32.4	Hertfordshire	East

MENS 20/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Christopher GREENHALGH	22	West Suffolk	0:38:21.0	Suffolk	East

MENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Robert MILBURN	45	Colchester	0:43:26.0	Essex	East
2.	David BOYCE	49	East Anglian	0:50:59.9	Norfolk	East
3.	Ray KIRBY	45	East Anglian	0:55:05.5	Norfolk	East
4.	Matthew RAFIQ-CRASKE	47	Hemel Hemp	0:58:40.0	Hertfordshire	East

MENS 50/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Simon EMM	52	Colchester	0:43:25.0	Essex	East
2.	David WRIGHT	57	Team Luton	0:46:35.9	Bedfordshire	East
3.	Phill MOULSON	52	East Anglian	0:47:27.4	Norfolk	East
4.	Damian NAVARRETE	50	Colchester	0:50:55.3	Essex	East
5.	Duncan HARTLEY	50	Hatfield	0:53:35.4	Hertfordshire	East
6.	Kevin MCKENNA	52	Hemel Hemp	1:01:42.9	Hertfordshire	East
7.	Tony GAINES	51	Hemel Hemp	1:07:34.9	Hertfordshire	East
8.	Paul BELLO	56	Co Cambridge	1:09:56.4	Cambridgeshire	East

MENS 60 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Stuart MCLELLAN	69	Sudbury	0:51:28.3	Suffolk	East

WOMENS 13/14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Charlotte TREE	14	Colchester	0:43:50.5	Essex	East
2.	Jessica KEOGH	14	Hatfield	0:45:13.8	Hertfordshire	East
3.	Claudia LITTLE	14	Bo Southend	0:45:20.5	Essex	East
4.	Niamh SADLER	14	Co Norwich	0:45:21.1	Norfolk	East
5.	Caitlin HARTLEY	14	Hatfield	0:46:29.4	Hertfordshire	East
6.	Maggie FLEET	14	Watford SC	0:46:35.9	Hertfordshire	East
7.	Bruna REBELO	14	Hatfield	0:47:48.5	Hertfordshire	East
8.	Lucy HUTCHINSON	14	Co Norwich	0:48:34.7	Norfolk	East
9.	Chloe PARTRIDGE	13	Dereham	0:49:27.4	Norfolk	East
10.	Madeleine PHILLIPS	14	Flitwick	0:49:28.0	Bedfordshire	East
11.	Meda VITGINYTE	14	West Norfolk	0:51:23.4	Norfolk	East
12.	Isabella PORZIO	14	Dunstable	0:51:40.9	Bedfordshire	East

WOMENS 15/16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Lauren YOUNG	15	Flitwick	0:41:39.8	Bedfordshire	East
2.	Katie HAMMOND	15	Co Cambridge	0:41:40.5	Cambridgeshire	East
3.	Abbie BARNWELL	15	Team Luton	0:41:59.1	Bedfordshire	East
4.	Sacha THOMAS	15	Co Norwich	0:42:04.6	Norfolk	East
5.	Lucie PECK	15	West Norfolk	0:42:08.5	Norfolk	East
6.	Ella BRAY	15	Norwich Swan	0:44:25.2	Norfolk	East
7.	Millie TURNER	15	Basildon Ph	0:44:57.4	Essex	East
8.	Anna FALLON	15	Team Luton	0:45:47.0	Bedfordshire	East
9.	Naomi BOOTS	16	Lstoft & OB	0:46:07.1	Suffolk	East
10.	Karolina KOWALSKA	15	Co Cambridge	0:46:07.5	Cambridgeshire	East
11.	Hannah O'CONNOR	15	West Suffolk	0:46:21.3	Suffolk	East
12.	Charlotte HARRIS	15	Maldon Shark	0:46:54.5	Essex	East
13.	Amber HEAD	16	Rochford	0:46:57.0	Essex	East
14.	Lily CHAPMAN	15	Norwich Swan	0:48:35.9	Norfolk	East
15.	Olivia FOWLER	15	Flitwick	0:49:27.7	Bedfordshire	East
16.	Lara FAHY	15	Bor of Brox	0:51:03.0	Hertfordshire	East
17.	Rose BECKMANN	15	Co Ely	0:53:04.2	Cambridgeshire	East
18.	Charlotte JOYCE	15	Flitwick	0:53:04.3	Bedfordshire	East

WOMENS 17/19 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Amy EDWINS	17	Leighton Buz	0:46:21.7	Bedfordshire	East
2.	Heather MILLS	17	Norwich Swan	0:47:13.6	Norfolk	East
3.	Hannah MCELROY	18	Bo Southend	0:49:17.9	Essex	East
4.	Rachel HARRIS	17	Maldon Shark	0:51:51.3	Essex	East
5.	Isabelle ALLOUF	17	Royston	0:53:29.3	Hertfordshire	East
	Aoife POWER	17	Royston	DNF	Hertfordshire	East

WOMENS 20/24 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Bethan MCELROY	20	Bo Southend	0:46:19.4	Essex	East
2.	Georgina HALFORD	23	Flitwick	0:49:26.1	Bedfordshire	East
3.	Charlotte NASH	20	Co Ely	0:51:49.0	Cambridgeshire	East

WOMENS 25/29 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Jessica HILL	25	Co Ely	0:47:48.9	Cambridgeshire	East

WOMENS 30/34 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Katie HOLMES	34	Colchester	0:47:30.2	Essex	East

WOMENS 40/49 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Julie SCOTT	45	Co Cambridge	0:48:58.5	Cambridgeshire	East
2.	Rebecca HARTLEY	43	Hatfield	0:52:54.5	Hertfordshire	East
3.	Giovanna BERTOLDI	48	Diss Otters	0:54:49.0	Norfolk	East
4.	Alice BARNES	47	Royston	0:56:20.2	Hertfordshire	East

WOMENS 50/59 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time		
1.	Josephine CRESSWELL	50	East Anglian	0:52:06.7	Norfolk	East